



Special Olympics Wake County Events for Basketball Skills Competition

Young Athletes Program

These events are for 2-7 year olds only. Scoring is not done and emphasis should be placed on learning the skill, taking turns, and having fun. Special ribbons will be awarded to all athletes.

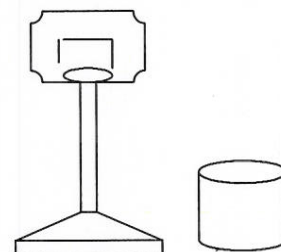
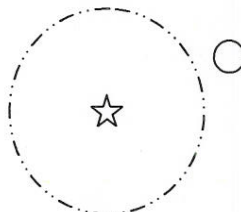
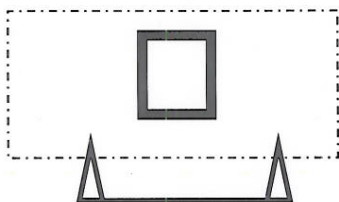
1- Target Pass: (or Modified Target Pass see below)

The athlete stands behind a line ~2.4 meters (about 8ft) away from a solid wall. Athlete bounces the ball within a marked 1 meter (3ft 3in) square on the wall (1 meter above the floor), then catches the ball before it bounces on the ground or after one bounce. This event is timed for 30 seconds and the score is the number of bounces within the square and then completed catches (1 point per bounce/catch).

2- Speed dribble:

Any type of bouncing ball is acceptable. We will supply a variety or please bring your own. An area ~1.5 meters (5ft) around is designated for the athlete to dribble the ball. The athlete should be standing or sitting in a chair if necessary. Encourage dribbling with only one hand. If an athlete loses control of the ball they can be handed another. The athlete dribbles for 30 seconds.

2- Shooting on modified goal 3-6 feet in height or throwing into a bucket if necessary. We will supply a variety of balls, or you can bring your own. Count the # of shots made in thirty seconds.



Developmental Events

Ages 8 and up for athletes with motor-impairments or very low skill level. Use youth sized basketball (size 28.5) when able.

1- Modified Target Pass:

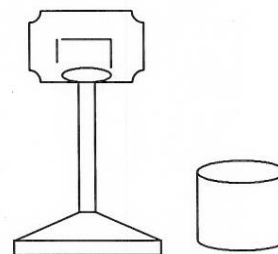
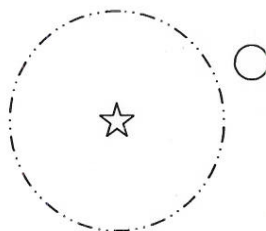
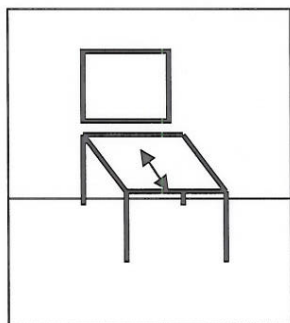
The athlete stands or sits at a table (ex. card table) which is against the wall. The athlete rolls the ball across a table and against the wall bouncing back to them. Count the number of successful bounce/catches in 30 seconds.

2- Speed dribble:

A basketball is preferred, but any type of bouncing ball is acceptable. We will supply a variety or please bring your own. An area ~1.5 meters (5ft) around is designated for the athlete to dribble the ball. The athlete can be standing, sitting in a chair, or sitting on the ground. One-handed dribbling is encouraged. If an athlete loses control of the ball they will be handed another. The athlete dribbles for 30 seconds and the number of dribbles is counted.

3- Shooting on modified goal 3-6 feet in height

(The height can be lowered for those who need it) We will supply a variety of balls, or bring your own. Count the shots made in thirty seconds.





Lead-Up Events

Age 8 and up of moderate skill or ability level. Use youth sized basketball (size 28.5).

1- Target Pass:

The athlete stands behind a line ~2.4 meters (about 8ft) away from a solid wall. Athlete bounces the ball within a marked 1 meter (3ft 3in) square on the wall, 1 meter above the floor, then catches the ball before it bounces on the ground or after one bounce. This event is timed for 30 seconds and the score is 1 point per bounce/catch (the number of bounces within the square and then completed catches).

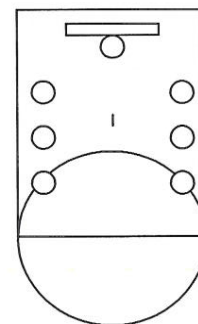
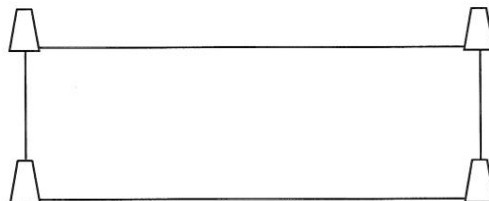
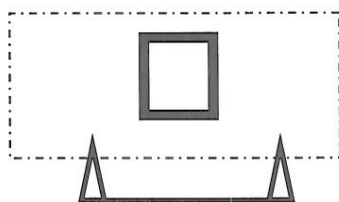
2- Ten-meter Dribble:

A lane 10 meters (32ft 10in) long by 1.5 meters wide (5ft) should be marked with a start and finish line and cones at each corner. The athlete is timed dribbling from the start to the finish line. If he/she drops the ball they may retrieve it or a back-up ball and continue where they left off. A one-second penalty should be assessed for each illegal dribble or step.

For scoring convert seconds to (points): 0-2 sec= (30 points), 2.1-3= (28), 3.1-4= (26), 4.1-5= (24), 5.1-6= (22), 6.1-7= (20), 7.1-8= (18), 8.1-9= (16), 9.1-10= (14), 10.1-12= (12), 12.1-14= (10), 14.1-16= (8), 16.1-18= (6), 18.1-20= (4), 20.1-22= (2), 22.1+= (1)

3- Spot Shot:

Use an 8ft goal. Six spots are marked on the floor. Spots one and two are 1 meter (3ft 3in) out from and 1.5 (5ft) meters to the right and left of the front of the rim. Spots 3 and 4 are .5 meters (1ft 8in) out further than 1 and 2. Spots 5 and 6 are .5 meters out further than 3 and 4. Each athlete receives 2 shots at each spot -12 shots total. Scoring is 2 points for each shot made or 1 point for hitting the backboard or rim.



Traditional Events

Ages 8 and up of higher skill or ability level. Use standard size basketball.

1- Rebounding:

Use a 10ft goal. Athlete stands facing the backboard to the right or left of the rim. The athlete passes the ball against the backboard and jumps to catch the ball in the air. The athlete's feet have to be off the ground when he/she catches the ball for a correct rebound. One point is awarded per correct rebound in thirty seconds.

2- Dribbling through cones:

A twelve-meter (39ft) course is set up with a start and finish lines. A cone is placed on the center of the start line and every two meters (6ft 6in). Athlete can start on either side of the first cone and they must dribble and weave through the cones to the finish line. They are to place the ball down on the floor beyond the finish line and run back to the start line to repeat the process for 60 seconds. Athletes must use legal one-handed dribbles and have control of the ball to score points. If the athlete loses control they may pick up the nearest ball and reenter the course at any point. 1 point is scored for each mid-point between the cones that is passed with legal dribbling.

3- Perimeter shooting:

Use a 10ft goal. An arc 2.75-meter (9ft) out from the center of a line even with the back-board is placed around the basket. (The backboard could overhang the court baseline by as much as 4 ft) The athlete takes shots from outside this arc and has to rebound the ball or pick up the extra before he shoots again. Two points are awarded per made shot in thirty seconds.

